

# Managing Mental Health & Wellbeing in the Workplace

WORKPLACE  
TRAINING  
& SUPPORT  
SERVICE

Target Audience: **Managers, Supervisors & HR**

Workshop Duration: **3 hours**

**(Includes Introduction Program)**

Recommended Group Size: **Min. 6 – Max. 12**

## Workshop Overview:

Workplaces have a vital role to play in providing supportive environments that promote mental health, wellbeing and resilience in its people. This 3 hour program includes the Introduction to Mental Health & Wellbeing in the Workplace program. It is specifically designed to empower managers with the knowledge and skills necessary to effectively manage workers presenting with issues pertaining to mental health and/or mental illness.

## Primary Objectives:

- To support the development of mentally healthy and supportive workplaces.
- To delineate the difference between mental health issues and mental illness.
- To provide activities that enhance active listening, rapport building and identification of issues with staff.
- To assist managers to work collaboratively with their staff to improve their mental health.
- To provide a framework that enables managers to take appropriate action and identify appropriate pathways of referral.

## Learning Outcomes:

- Ability to identify issues pertaining to mental health in staff.
- Ability to effectively manage a mentally healthy workplace.
- Ability to seek and/or provide support for people with mental health and wellbeing issues.

## Key Topics:

- Duty of care and Policies & Procedures pertaining to mental health.
- The role of a manager with regard to mental health.
- Differences between performance management and mental health management.
- Managing boundaries effectively.

## Resources:

- Comprehensive manual
- Mental Health information and referral pathways
- Practical skills and exercises

For further information please contact: [admin@ozhelptasmania.org.au](mailto:admin@ozhelptasmania.org.au) or phone: (03) 6231 0919